

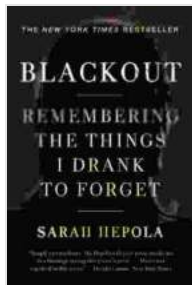
# Blackout: Remembering the Things Drank to Forget

By Sarah Hepola



In *Blackout: Remembering the Things Drank to Forget*, Sarah Hepola explores the complex and often taboo subject of female alcoholism. With

brutal honesty and wry humor, she recounts her own experiences with blackout drinking, from her early days as a party girl to her eventual rock bottom.



## Blackout: Remembering the Things I Drank to Forget

by Sarah Hepola

★★★★☆ 4.6 out of 5

Language : English  
File size : 852 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 241 pages



Hepola's memoir is a powerful and unflinching look at the devastating effects of alcoholism on both the individual and those around them. She writes about the shame, the secrecy, and the isolation that she felt as her drinking spiraled out of control. She also writes about the toll that her drinking took on her relationships, her career, and her health.

But *Blackout* is more than just a story of addiction and recovery. It is also a story of hope and redemption. Hepola ultimately finds sobriety, and she shares her hard-won wisdom with readers. She offers a message of hope for those who are struggling with alcoholism, and she shows that it is possible to overcome this disease.

*Blackout* is a must-read for anyone who has ever struggled with addiction, or who has loved someone who has. It is a powerful and moving memoir that will stay with you long after you finish reading it.

### **Praise for *Blackout***

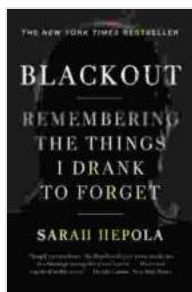
"A raw, honest, and ultimately hopeful memoir about the devastating effects of alcoholism and the power of redemption." — *People*

"Hepola's writing is sharp, funny, and deeply moving. *Blackout* is a must-read for anyone who has ever struggled with addiction." — *The New York Times Book Review*

"A powerful and unforgettable memoir about the dark side of addiction and the long road to recovery." — *Entertainment Weekly*

### **About the Author**

Sarah Hepola is a writer and editor. She is the author of the memoir *Blackout* and the essay collection *The Mother Load*. Her work has appeared in *The New York Times*, *The Atlantic*, and *Elle*, among other publications.



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